

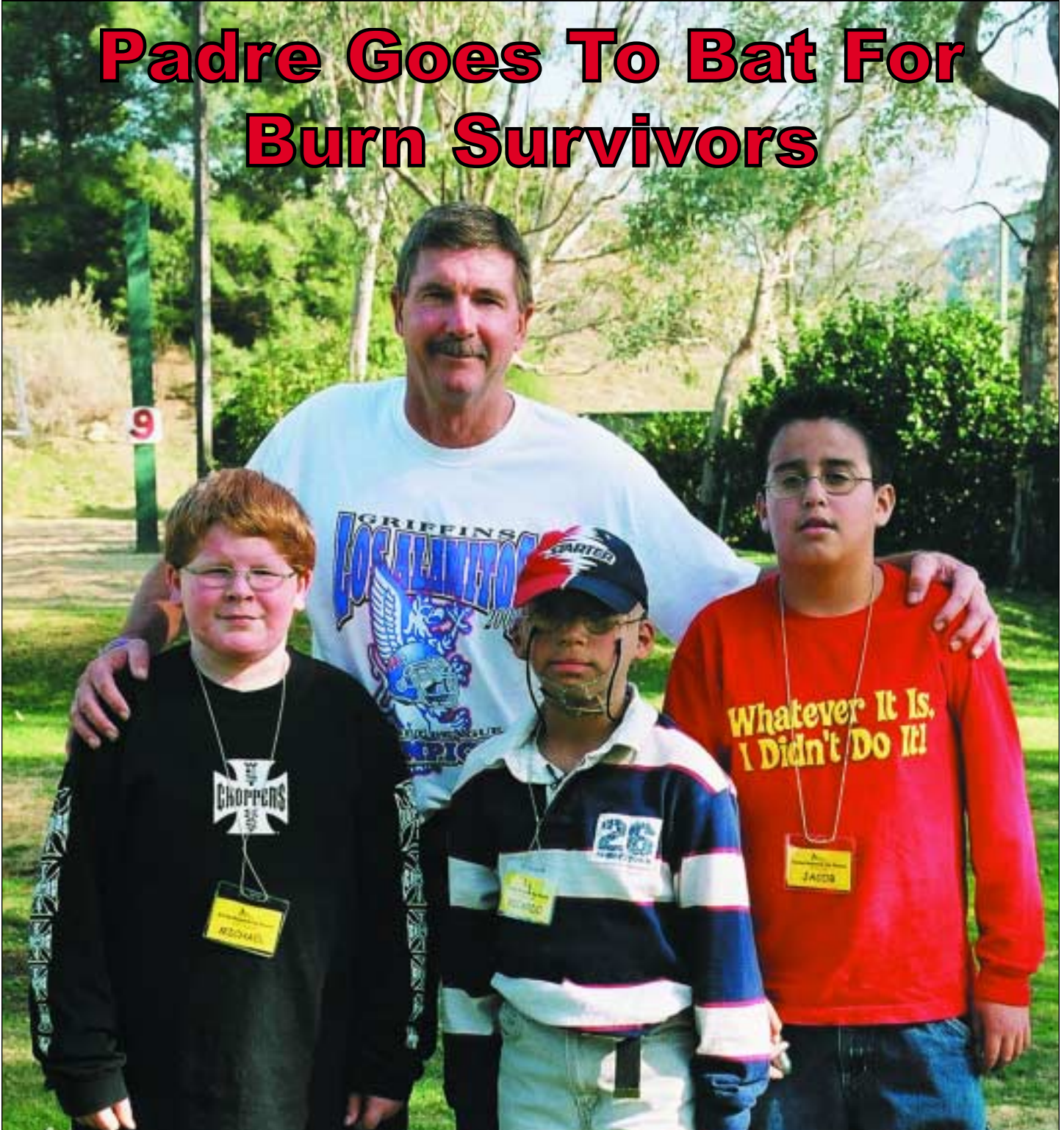


# Burn Institute®

NEWSLETTER

Fire & Burn Prevention • Burn Survivor Support • Burn Research Vol. XXXVI, No. 1 Spring 2004

## Padre Goes To Bat For Burn Survivors



Cover Story . . . Page 2

## COVER STORY

### Padre Goes To Bat For Burn Survivors

In January, San Diego Padres Bench Coach Tony Muser visited the Burn Institute's combined *Camp Beyond the Scars* and *Retreat for Adult Burn Survivors*. As a burn survivor, Tony understands firsthand the painful healing and the many obstacles burn survivors face. Tony spent the morning visiting with all the camp participants, and in the afternoon he organized a softball game for everyone.

This three-day healing experience, held at breathtaking Camp Oakbridge in Ramona, brought together burn survivors of all ages.

Young burn survivors had the opportunity to visit with adult burn survivors and learn about the experiences



*San Diego Padres Bench Coach Tony Muser helps young burn survivor Yadira learn how to play baseball at Camp Beyond The Scars.*

they have gone through, and the adults get to recapture a bit of “childlike” fun that is often lost along their equally challenging journey. This camp/retreat teaches participants positive *life skills*, introduces them to potential hobbies, and offers them constructive ways to deal with many of their struggles - just a few of the many benefits they take with them when they leave.

In addition to playing softball, participants also enjoyed the popular ropes course, astronomy, archery, and for those who wanted something a little quieter, there was a variety of arts and crafts inside the main lodge.



*Young burn survivors learn so much from adult burn survivors. Left to right: Camp participant Moriah sits and talks with Adult Retreat participant Debbie.*

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**On the Cover . . .**

*Left to right: After finishing up an afternoon of softball, Tony Muser poses with young burn survivors Michael, Ricardo and Jacob.*

*Photo courtesy of: Christine Shuttleworth.*

*Color Photo Printing courtesy of: Graphics Ink*

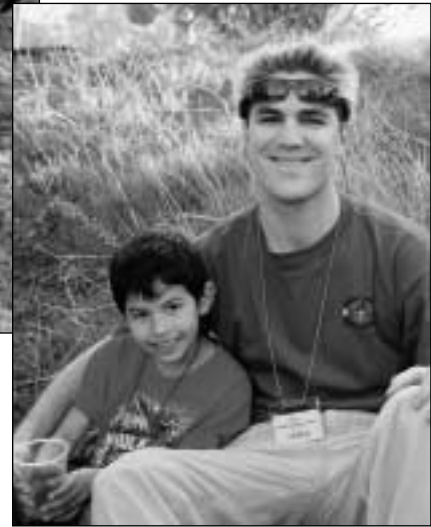


## Camp Beyond The Scars (cont.)

This year's camp theme was "Super Heroes." Much could be derived from the title. One might see visions of *Superman* flying through the air, while another sees the super-human power of the *Incredible Hulk*, *Spiderman* or perhaps *Batman* fending off yet another villain. But, in its simplest terms, "Super Heroes" are known as those who have shown remarkable courage and strength of character, under incredible odds, and against great adversity. Burn survivors exhibit these qualities every day as they struggle to overcome the devastating effects of their life-changing injury.



*In keeping with the "Super Hero" theme, adult burn survivor and volunteer camp counselor Billy showed off his super strength as he carried Chris on his shoulder.*



*Left to right: First time camper Cristian takes a break with San Diego Fire-Rescue Firefighter Jared, who volunteers his off-duty hours to serve as a camp counselor.*

Special Thanks to: Jim Bosch, Jimmy Carter, Change-a-Life Foundation, Dennis Gardin, Kiwanis Club of San Diego Foundation, Ladies of the Legacy Quilt Guild, Bob Nice, Christine Shuttleworth, the San Diego Fire-Rescue Department, USAR, Smith Nephew, Tony Muser, the Young Life Oakbridge Facility Staff and to all the friends, family, and dedicated volunteers -- unsung heroes -- that made this program, once again, a great success!

## Purchase Your "Special Edition" Camp Shirt Today !

This year, the Burn Institute's *Camp Beyond The Scars* will celebrate 10 years in our community!

To commemorate this milestone, "Special Edition" Tenth Anniversary Camp Shirts are now available.

All proceeds will benefit *Camp Beyond the Scars*.

This black, long sleeve 100% cotton t-shirt is available in

**Sizes: M, L, XL, XXL**

Shirts are **\$20** and can be purchased in person at the Burn Institute or can be shipped by mail (plus shipping and handling)

**Hurry, supplies are limited. Call 858.541.2277**



## The Burn Institute and UCSD Host the Second Annual Holiday Party for Burn Survivors

In December, burn survivors and their families gathered at the Radisson Hotel San Diego - Mission Valley for a heartwarming holiday celebration. This special evening, with nearly 300 guests in attendance, began with a delicious dinner buffet followed by an annual tradition of Santa arriving on a shiny red fire truck. Mrs. Claus was in attendance this year too! After their unconventional arrival, Santa and Mrs. Claus distributed toys to all the girls and boys. In addition, each child also received a keepsake photo taken with Santa.

To add to the festivities, there were door prizes, a caricature artist - John Wismont, face painters, and holiday music - complete with holiday karaoke for the kids provided by DJ and Chula Vista Captain Jim Garcia.

**Thank You:** Bruce and Sandy Kerl (Mr. and Mrs. Claus), San Diego Fire-Rescue Station 4, the UCSD Braveheart Committee, Photographer Christine Shuttleworth, The Horizon Clown Group, The Radisson Hotel Event and Catering Staff, and all the volunteers who graciously donated their time to make this a memorable evening.



*Left to right: Burn survivors Antonio and Ricardo visit with Santa Claus.*

## Burn Institute Donates Skin Mesher to UCSD Regional Burn Center



In February, the Burn Institute donated a Padgett Variable Skin Graft Mesher to the UCSD Regional Burn Center. Last March, the Burn Institute donated the same mesher to the Arrowhead Regional Burn Center in Colton, located in the Inland Empire, where the Burn Institute recently established its first affiliate.

Since 1973, the Burn Institute has donated more than one-million dollars to fund vital burn research and to purchase specialized equipment to treat burn patients. *Left to right: Burn Institute Executive Director James Floros, Dan Lozano, M.D. UCSD Regional Burn Center, and Burn Institute Board Member Michael Pierschbacher, Ph.D. from Integra Life Sciences.*

# Thousands of Scald Burns Occur Annually... **ALL** are Preventable

Did you know . . .

- ◆ Scalding liquids constitute the number one cause of burn injuries among all ages -- but especially children -- in the United States?
- ◆ An infant's skin is thinner than an adult's and a tub of water that feels great for mom and dad could very well scald a baby's delicate skin.

Pediatric scald injuries are *predictable* and therefore *preventable*. Listed below are some tips to keep burn injuries from occurring in your home:

- ◆ NEVER leave a young child unattended in the bathroom or tub. Young children can turn the hot water on by themselves, and an older sibling's actions can also scald a younger child.
- ◆ Before placing a child into the bath, always test the temperature of the water by moving your hand rapidly through the water for several seconds, or measure the temperature with a thermometer.
- ◆ Burn risk is greatly decreased by turning down the water heater thermostat to the lower or warm setting - 120-130 degrees F. Contrary to popular belief, scalding hot water is not needed to clean dishes or clothes.
- ◆ Turn pot handles to the back of the stove so children can't bump into or pull them down. When possible, cook on the rear burners.
- ◆ Always check to see that children and obstacles are out of your path before carrying hot liquids. And, never hold a child while drinking a hot liquid.
- ◆ When young children are present, avoid using tablecloths and keep hot foods in the center of the table, out of their reach.

**“Continuous supervision of young children is the single most important factor in preventing scald burns”**

*James Floros, Executive Director  
Burn Institute*

## Tips for treating superficial burns and scalds



Quickly remove clothing that could keep hot liquids in contact with the skin and cause further burning. **DO NOT** remove clothing that is sticking to the skin.



Immediately run cool water on the burn to reduce the pain and to stop the burning process. **DO NOT** apply ice because it can increase tissue damage.



**DO NOT** apply butter, Vaseline, ointments or plastic wrap since these may retain heat and invite infection. **DO NOT** break blisters.



Any large, deep burn should be treated immediately by the nearest emergency room or doctor.

## 12th Annual Auxiliary Event Raises More Sponsored by The Mighty 1090,

For the second year in a row, the prestigious Hall of Champions Sports Museum served as the backdrop for the Burn Institute Auxiliary's most popular annual event - the Share Your Heart Auction, Wine Tasting & Casino Night.

In addition to casino fun, this year's 12th annual event also featured an unbelievable live auction. Three different guests successfully bid on a great Padres package, which included a behind-the-scenes tour of Petco Park, tickets to a Padre game and lunch with Padres Coach Tony Muser. One lucky guest also walked away with an autographed Ken Norton boxing glove and another was the successful bidder on a basketball autographed by Bill Walton and his four sons.

This year also featured a special guest appearance from former heavyweight champion Ken Norton, where guests were able to purchase an autographed photo of themselves taken with the legendary boxing pro.

This Burn Institute Auxiliary event raised more than \$50,000 for the important work of the Burn Institute.

A very special thank you to Share Your Heart Chair Marcia Snow and members of the Share Your Heart Committee: Denise Burk, Jolee Garcia, Linda Lawrence and Klaus Schryen. In addition the Burn Institute Auxiliary would also like to thank Jason Cathers, Graphics Ink, Stage 4 and all the awesome volunteers who worked so hard to make this event the best one yet!



*Left to right: Mighty 1090 Radio Personality Billy Ray Smith serves as the evening emcee along with his wife Kimberly Hunt, News Anchor for KUSI TV.*



*Left to right: Share Your Heart Honorary Chair Tony Muser, San Diego Padres Bench Coach and Randy Jones, former San Diego Padres pitcher.*



*A very special thank you...  
Right: former heavyweight champion Ken Norton pictured with Hall of Champions Founder Bob Breitbard.*



# Than \$50,000 for the Burn Institute Nordstrom and Viejas Enterprises



*Left to right: Burn Institute Executive Director James Floros presents Share Your Heart Chair Marcia Snow with an appreciation bouquet of flowers.*

## THANK YOU

### Honorary Chair

Tony Muser, San Diego Padres

### Honorary Committee

Tom and Susan Addis

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Vin and Canice Ciruzzi

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Steve and Kathleen Flynn

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Baily Vineyard & Winery, Barefoot Cellars Sonoma County,  
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Hahn Estate Winery, Hart Winery, Jacob Gerhardt USA, Inc.  
International Wine Brokerage, Key Ways Winery,  
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Mount Palomar, Napa Wine Co., Ponte,  
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VIP RECEPTION CHAMPAGNE SPONSORED BY:  
Wilson Creek Winery & Vineyard.

### RESTAURANTS

Anthony's Fish Grotto, Buca Di'Beppo, Caribbean Foods West,  
Celedon Royal Thai Restaurant, Cheese & Cracker Display  
sponsored by Dave and Denise Burk, Coronado Brewing  
Company/Tent City, European Cake Gallery, Forever Fondue,  
Mona Lisa, Old Town Mexican Cafe, Old Venice Restaurant &  
Bar, Pat & Oscars, Swain Creations, Uncle Wally's

*Additional thanks to  
Naked Juice, Pure Flo Water and  
Coronado Brewing Company*



*Above: Burn Institute volunteers La Mesa Fire Marshal Dave Burk enjoys the evening with his wife Denise, who currently serves as secretary of the Burn Institute Auxiliary.*

# CONTRIBUTIONS

**The Burn Institute wishes to sincerely thank all those who have generously contributed between *October 31, 2003 and February 20, 2004* by making a gift of \$250 or more. Limited space prohibits us from listing all donors but we would like to thank each and everyone of you for your support.**

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Mr. & Mrs. Greg Brown  
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San Diego Forestry Firefighters  
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San Miguel Consolidated FPD  
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Pit Stop Sports Bar  
In Memory of Barbara Pickering

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In Memory of Steve Brucker  
for Christmas

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In Memory of Derek D'Acquisto

In Honor of Jerry & Carolyn Davee:  
Mr. Robert Carne  
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Mr. and Mrs. Robert Steiner



# Volunteer Viewpoint

Volunteer opportunities at the Burn Institute are plentiful and fun. With a staff of only eleven employees, many Burn Institute programs and services would not be possible without the help of hundreds of volunteers. You can work at a community health fair, become a camp counselor, install smoke detectors in the homes of seniors, help at a special event, or assist with office and clerical work, and much more.

Becoming a volunteer doesn't have to be time consuming, and it may even change your life.

For more volunteer information, contact Burn Institute Director of Volunteer Services, Kathleen Frampton at 858.541.2277 or at [volunteers@burninstitute.org](mailto:volunteers@burninstitute.org).

## Upcoming Volunteer Opportunities

- 4/ 24-25 The Flower Fields
- 4/25 Day At The Docks
- 6/12 Destruction Derby
- 7/09 Fire Expo Set-up
- 7/10 Burn Run/Fire Expo

## Just a few of our shining stars!



**EDITORS NOTE:** *The Burn Institute will no longer publish the Volunteer Viewpoint Newsletter. Instead, each Burn Institute Newsletter will now contain a Volunteer Viewpoint page. This change will allow us to effectively reach more than 25,000 people quarterly with vital volunteer information and news.*

## TAX BENEFITS

There are a number of tax benefits available to you when you volunteer your time for a qualified organization such as the Burn Institute.

In preparing tax returns, volunteers may deduct unreimbursed out of pocket expenses directly related to their volunteer service if they itemize deductions. Examples of the types of expenditures that you may deduct on your tax return include:

- ✓ **Bus and cab transportation expenses**
- ✓ **Parking costs and toll fees**
- ✓ **Telephone bills**
- ✓ **Supplies purchased for volunteer duties**
- ✓ **Mileage at a rate of 14 cents per mile**
- ✓ **Dues, fees and assessments**
- ✓ **Non-cash contributions of property**

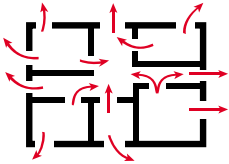
For more detailed information, consult the IRS or a professional tax advisor.

## Fire Escape Plans and Smoke Detectors Save Lives!

**H**aving a family fire escape plan is essential to saving your loved ones lives during a house fire. Regularly practicing that plan could mean the difference between life or death. You CAN survive a fire in your home if you know what to do. Below are some steps you can take to ensure your family gets out alive:



Install smoke detectors on every floor of your home - and near or inside all sleeping areas - especially in children's bedrooms. Make sure everyone knows the sound of the alarm. Test alarms once a month, and replace the batteries twice a year. Replace any smoke detector that is more than 10 years old. If you are a senior age 55 years or older, reside in San Diego or Imperial counties, own your own home, and you do not have a smoke detector, call the Burn Institute for your FREE smoke detector today.



Create a step-by-step family escape plan. Begin by drawing a floor plan of your home and identifying two ways out from each room. Then agree on an outside meeting place where everyone will meet after they've escaped so you can count heads and tell the fire department if anyone is missing or trapped inside. Be sure to practice that plan often. If you have a two-story house, buy fire escape ladders. If you have to escape, and there is a lot of smoke, stay close to the floor, crawl on your hands and knees and keep your head low to the floor, where the air is cleaner.

Once you are out of your home, do not go back inside for any reason! If people are trapped, let the firefighters attempt a rescue. Heat and smoke from a fire can become overpowering. Firefighters have the training, experience, and the protective equipment needed to enter burning buildings.

### Toyota Sales Benefit Camp



During the month of June, Kearny Mesa Toyota will partner with the Burn Institute - for every car or truck sold, Kearny Mesa Toyota will donate \$100 to benefit *Camp Beyond the Scars*. Plus, everyone taking a test drive in June will receive a free, fire and burn prevention "Safety Kit" with a 'limited edition' special 10 Year Anniversary *Camp Beyond the Scars* t-shirt. Kearny Mesa Toyota is located at 4910 Kearny Mesa Road, just off the 163 north of Balboa Avenue in Kearny Mesa. ([www.kmtoyota.com](http://www.kmtoyota.com))

### Donate Your Used Vehicle and Support the Burn Institute

You can donate a used vehicle (car, truck, boat, or RV) and have the money from the sale go directly to the Burn Institute. Here's how it works: Simply donate your used vehicle to the Auto Donation Auction Center, LLC and they will auction it off for top dollar. All the proceeds, (minus a small towing and administration fee) go directly to the Burn Institute. Not only will you be supporting the important work of the Burn Institute, but your donation is fully tax-deductible.

For more information, call the Burn Institute at 858.541.2277 or call ADAC toll free at 886.400.7440 and say **"I support the Burn Institute."** They'll take care of the rest!



## The Hot Line

### WELCOME

- The Burn Institute Board of Directors would like to welcome its newest members: Carlsbad Fire Chief Kevin Crawford and Chris Seistrup, Regional Vice President for Fireman's Fund Insurance Company.
- The Burn Institute would like to welcome Art Garcia the Institute's new Community Outreach Specialist in the Imperial Valley.

### UPCOMING EVENTS

- **Wine Extravaganza & Gold Medal Showcase**  
Sunday, April 25, 2004  
Hilton Ontario Airport, Ontario, CA  
Info: Call Dawn Gray (909) 985-5952
- **Bomberos Golf Tournament**  
Cottonwood Golf Club - Ivanhoe  
Monday, May 3, 2004
- **31st Annual Spirit of Courage Awards Banquet**  
Sheraton San Diego Hotel & Marina  
Thursday, May 20, 2004
- **San Diego Fire Protection Assoc. Golf Tournament**  
Saturday, May 22, 2004  
Carlton Oaks Country Club
- **Firefighters Destruction Derby**  
Cajon Speedway, Saturday, June 12, 2004
- **"Give Burns The Boot"**  
Countywide Firefighter Boot Drive  
Wednesday, July 7, 2004
- **Firefighters Night at the Padres**  
Petco Park, Friday, July 9, 2004
- **Burn Run/FIRE EXPO**  
Qualcomm Stadium Parking Lot  
Saturday, July 10, 2004
- **Camp Beyond the Scars**  
Camp Cuyamaca,  
July 31 - August 8, 2004.
- **San Diego County Fire Chiefs' Association Golf Tournament**  
Lomas Sante Fe Country Club  
Monday, September 13, 2004

For more information on any of these events, call 858.541.2277 or visit [www.burninstitute.org](http://www.burninstitute.org)

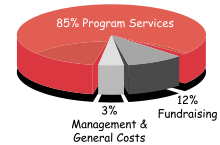
## PROGRAMS & SERVICES

### FIRE AND BURN PREVENTION EDUCATION

- Burni the Dragon's Preschool Fire & Burn Prevention Program
- Let's Stay Safe From Fires and Burns
- Stop Fires and Burns
- Burns are Serious Business
- Juvenile Firesetter Program
- Child Care Burn Prevention
- Senior Fire Safety & Smoke Detector Program
- Fire Safety Training Program (*Nominal Fee*)
- Wildfire Program
- First Responder Smoke Detector Program

### BURN SURVIVOR SUPPORT

- Camp Beyond the Scars for Burn-Injured Children
- Retreat For Adult Burn Survivors
- Holiday Party for Burn Survivors
- Burn Survivor Emergency Needs Fund
- Special Assistance Fund
- School Re-Entry Program
- Monthly Outings



Where Your Dollars Go  
2002 Audited Figures

### BURN RESEARCH

- Funding Vital Burn Research and Treatment

### COMMUNITY SERVICE

- Spirit of Courage Awards Banquet
- Public Service Announcements
- Fire and Burn Prevention Literature
- Speakers Bureau

### Yes! I want to become more involved with the Burn Institute.

- Please send me information on Planned Giving
- Please send me information on your programs and services.
- I am interested in becoming a Burn Institute volunteer.
- I am interested in joining the Burn Institute Auxiliary.
- I would like to support the important work of the Burn Institute.

Enclosed is my tax-deductible gift of \$ \_\_\_\_\_

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The Burn Institute is a nonprofit health agency dedicated to reducing the number of burn injuries and deaths in San Diego, Imperial, Riverside and San Bernardino counties through fire and burn prevention education, burn care research and treatment, and burn survivor support services.

### STAFF

James A. Floros	Executive Director
Rosella Aplin	Director of Communications
Fernando Felix	Director of Program Services
Kathleen Frampton	Director of Volunteer Services
Art Garcia	Community Outreach Specialist ( <i>Imperial Valley</i> )
Gilbert Guerrero	Community Outreach Specialist
Mary La Russa	Executive Assistant
Vicki Schoonderwoerd	Office Manager
Darlene Snow	Special Events Coordinator
Liz Sorenson	Burn Survivor Support Coordinator
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Member Agency of Combined Health Agencies (San Diego County);  
United Way (Imperial County); Combined Federal Campaign  
(San Diego / #5581 and Imperial counties / #7024)

# Save The Date!

## May 20, 2004



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For More Information  
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